



January/February 2022

PROGRAMS & EVENTS

www.herndon-va.gov/recreation

www.herndonwebtrac.com



PICKLEBALL

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YOUTH & ADULT DANCE

p. 9

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Herndon Community Center Hours

Monday–Thursday 7:00am–9:00pm
 Friday & Saturday 7:00am–6:00pm
 Sunday 9:00am–4:00pm

CLOSURES & HOLIDAY HOURS

New Year's Day: Saturday, January 1 **Closed**
 Martin Luther King Jr. Day: Monday, January 17 **Closed**
 Presidents' Day: Monday, February 21 **7:00am–9:00pm**

Daily Admission Rates

More Information in the Admission Fees & Passes section.

	TOH / NR
Adults	\$7 / \$8
Seniors	\$5.75 / \$6.50
Youth	\$5.75 / \$6.50
Family*	\$19.75 / \$22.50

*Up to 5 family members, 2 adults maximum

HOW TO REGISTER

CHOOSE ONE OF FOUR WAYS TO REGISTER:

1. ONLINE - WWW.HERNDONWEBTRAC.COM



2. MAIL*

Herndon Community Center
 777 Lynn Street
 Herndon, VA 20170

3. IN-PERSON/DROP OFF*

Herndon Community Center
 814 Ferndale Avenue
 Herndon, VA 20170

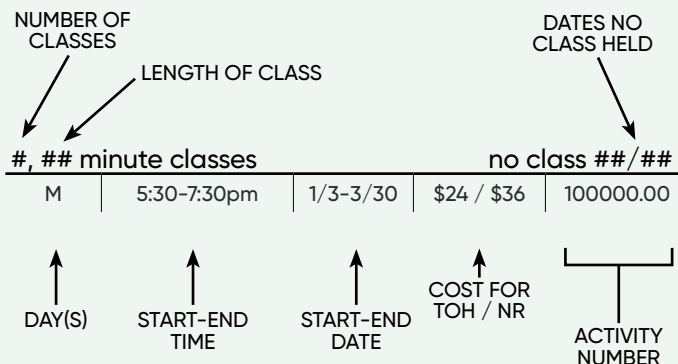
4. FAX

703-318-8652
 Hearing Impaired Relay
 1-800-828-1120 TDD

*Registration Form for Mail & In-Person Options and General Registration Information are located in the back of this brochure.

Understanding Our Class Format


- TOH** ▶ Town of Herndon rate and requires ID with address for every transaction
- NR** ▶ Non-Resident rate
- NEW** ▶ New this Season
- DROP-IN** ▶ No Registration Required
- NOR** ▶ No Online Registration
- OR** ▶ Ongoing Registration



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

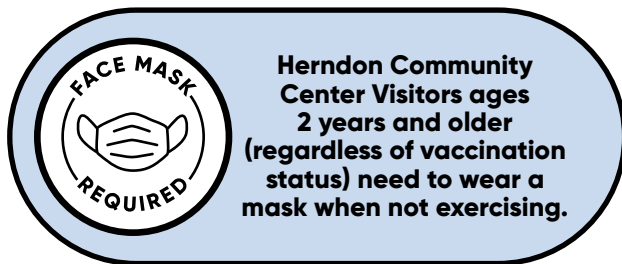
► NO AQUATIC CLASSES ON JANUARY 17

AQUATICS: POOL & SWIMMER INFORMATION

-  We **STRONGLY** recommend no food to be eaten one hour or less before participation in any swimming class.
- The pool is open only to lap swimmers age 13 & up and scheduled swim lessons on Saturday until noon.
- A detailed listing of swimming class requirements may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, they will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

AQUATICS: MAKEUP POLICY

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.



ATTENTION: Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, they will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

AQUATICS: PRESCHOOL

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

6, 30 minute classes no class 1/17

M/W	9:30-10:00am	1/10-1/31	\$60 / \$78	302100.13
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8, 30 minute classes no class 1/17

M/W	5:00-5:30pm	1/3-1/31	\$80 / \$104	302100.11
M/W	5:00-5:30pm	2/2-2/28	\$80 / \$104	302100.12
M/W	9:30-10:00am	2/2-2/28	\$80 / \$104	302100.14
Tu/Th	7:00-7:30pm	1/4-1/27	\$80 / \$104	302100.21
Tu/Th	7:00-7:30pm	2/1-2/24	\$80 / \$104	302100.22
Sa	11:00-11:30am	1/8-2/26	\$80 / \$104	302100.60

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 30 minute classes no class 1/17

M/W	10:00-10:30am	1/10-1/31	\$60 / \$78	302200.13
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8, 30 minute classes no class 1/17

M/W	5:40-6:10pm	1/3-1/31	\$80 / \$104	302200.11
M/W	5:40-6:10pm	2/2-2/28	\$80 / \$104	302200.12
M/W	10:00-10:30am	2/2-2/28	\$80 / \$104	302200.14
Tu/Th	6:20-6:50pm	1/4-1/27	\$80 / \$104	302200.21
Tu/Th	6:20-6:50pm	2/1-2/24	\$80 / \$104	302200.22
Sa	10:20-10:50am	1/8-2/26	\$80 / \$104	302200.60

Preschooler 3 Age 3-5

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 30 minute classes

Tu/Th	9:30-10:00am	1/11-1/27	\$60 / \$78	302300.23
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8, 30 minute classes no class 1/17

M/W	6:20-6:50pm	1/3-1/31	\$80 / \$104	302300.11
M/W	6:20-6:50pm	2/2-2/28	\$80 / \$104	302300.12
Tu/Th	5:40-6:10pm	1/4-1/27	\$80 / \$104	302300.21
Tu/Th	5:40-6:10pm	2/1-2/24	\$80 / \$104	302300.22
Tu/Th	9:30-10:00am	2/1-2/24	\$80 / \$104	302300.24
Sa	9:40-10:10am	1/8-2/26	\$80 / \$104	302300.60



Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 30 minute classes

Tu/Th	10:00-10:30am	1/11-1/27	\$60 / \$78	302400.23
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8, 30 minute classes

no class 1/17

M/W	7:00-7:30pm	1/3-1/31	\$80 / \$104	302400.11
M/W	7:00-7:30pm	2/2-2/28	\$80 / \$104	302400.12
Tu/Th	5:00-5:30pm	1/4-1/27	\$80 / \$104	302400.21
Tu/Th	5:00-5:30pm	2/1-2/24	\$80 / \$104	302400.22
Tu/Th	10:00-10:30am	2/1-2/24	\$80 / \$104	302400.24
Sa	9:00-9:30am	1/8-2/26	\$80 / \$104	302400.60

AQUATICS: YOUTH**Swim 1 Age 6-12**

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute classes

no class 1/17

M/W	7:00-7:30pm	1/3-1/31	\$80 / \$104	303110.11
M/W	7:00-7:30pm	2/2-2/28	\$80 / \$104	303110.12
Tu/Th	5:00-5:30pm	1/4-1/27	\$80 / \$104	303110.21
Tu/Th	5:00-5:30pm	2/1-2/24	\$80 / \$104	303110.22
Sa	9:00-9:30am	1/8-2/26	\$80 / \$104	303110.60

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute classes

no class 1/17

M/W	6:20-6:50pm	1/3-1/31	\$80 / \$104	303210.11
M/W	6:20-6:50pm	2/2-2/28	\$80 / \$104	303210.12
Tu/Th	5:40-6:10pm	1/4-1/27	\$80 / \$104	303210.21
Tu/Th	5:40-6:10pm	2/1-2/24	\$80 / \$104	303210.22
Sa	9:40-10:10am	1/8-2/26	\$80 / \$104	303210.60

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

8, 30 minute classes

no class 1/17

M/W	5:40-6:10pm	1/3-1/31	\$80 / \$104	303310.11
M/W	5:40-6:10pm	2/2-2/28	\$80 / \$104	303310.12
Tu/Th	6:20-6:50pm	1/4-1/27	\$80 / \$104	303310.21
Tu/Th	6:20-6:50pm	2/1-2/24	\$80 / \$104	303310.22
Sa	10:20-10:50am	1/8-2/26	\$80 / \$104	303310.60

**Swim 4 Age 6-12**

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

8, 30 minute classes

no class 1/17

M/W	5:00-5:30pm	1/3-1/31	\$80 / \$104	303410.11
M/W	5:00-5:30pm	2/2-2/28	\$80 / \$104	303410.12
Tu/Th	7:00-7:30pm	1/4-1/27	\$80 / \$104	303410.21
Tu/Th	7:00-7:30pm	2/1-2/24	\$80 / \$104	303410.22
Sa	11:00-11:30am	1/8-2/26	\$80 / \$104	303410.60

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

8, 45 minute classes

Sa	8:45-9:30am	1/8-2/26	\$120 / \$152	303510.60
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AQUATICS: YOUTH DEVELOPMENTAL

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

Youth Developmental 1 Age 5-16

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

8, 45 minute classes

Sa	9:45-10:30am	1/8-2/26	\$104 / \$136	304110.60
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Youth Developmental 2 Age 5-16

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping. Plus 25 yards each of legal butterfly and breaststroke.

8, 45 minute classes

Sa	10:30-11:15am	1/8-2/26	\$104 / \$136	304210.60
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Youth Developmental Pee Wee Age 5-6

Designed for swimmers interested in competitive swimming but with no experience with participating on a team. Basic stroke development of all four strokes. Lessons are designed with extensive stroke development. Swimmers must have the ability to swim 25 yards of Freestyle and Backstroke.

8, 45 minute classes

Sa	11:15am-12:00pm	1/8-2/26	\$104 / \$136	304310.60
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AQUATICS: DIVING GUIDELINES

Introduction to Diving

No previous diving experience necessary, but must be able to:

- ▶ Be comfortable in deep water
- ▶ Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- ▶ Be comfortable in deep water
- ▶ Swim 25 yards
- ▶ Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- ▶ Swim 25 yards
- ▶ Forward approach of 3 steps, hurdle & tuck dive
- ▶ Instructor permission recommended

AQUATICS: DIVING

Introduction to Diving Age 5-12

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

8, 30 minute classes

Tu	5:00-5:30pm	1/4-2/22	\$80 / \$104	304510.20
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Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

8, 45 minute classes

Tu	5:30-6:15pm	1/4-2/22	\$120 / \$152	304610.20
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Diving 2 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

8, 60 minute classes

Tu	6:15-7:15pm	1/4-2/22	\$160 / \$208	304710.20
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AQUATICS: ADULT

Adult Beginner (Level 2) Age 16 & up

For students who have passed Adult Intro to Swimming, or those who are comfortable in the water, can float independently, and have rudimentary understanding of freestyle. Rotary breathing and backstroke are included in this class. Goggles are highly recommended.

6, 45 minute classes

no class 1/17

M/W	10:30-11:15am	1/10-1/31	\$90 / \$114	306230.10
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8, 45 minute classes

M/W	10:30-11:15am	2/2-2/28	\$120 / \$152	306230.11
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Adult Intermediate (Level 3) Age 16 & up

This class is for anyone who has completed Adult Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Goggles are highly recommended.

6, 45 minute classes

no class 1/17

Tu/Th	10:30-11:15am	1/11-1/27	\$90 / \$114	306330.20
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8, 45 minute classes

Tu/Th	10:30-11:15am	2/1-2/24	\$120 / \$152	306330.21
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AQUATICS: AQUATIC FITNESS

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

6, 60 minute classes

no class 1/17

M/W	8:30-9:30am	1/10-1/31	\$60 / \$78	308630.10
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7, 60 minute classes

M/W	8:30-9:30am	2/7-2/28	\$70 / \$91	308630.11
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Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

6, 60 minute classes

no class 1/17

M/W	7:00-8:00pm	1/10-1/31	\$60 / \$78	308730.10
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7, 60 minute classes

M/W	7:00-8:00pm	2/7-2/28	\$70 / \$91	308730.11
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8, 60 minute classes

Tu/Th	8:30-9:30am	1/4-1/27	\$80 / \$104	308730.20
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Tu/Th	8:30-9:30am	2/1-2/24	\$80 / \$104	308730.21
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PLEASE NOTE: Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

FITNESS: STRENGTH TRAINING

BLAST Fitness COMBO Age 16 & up

Take a few sets of resistance training, add in some rounds of cardio interval, a splash of core conditioning and a pinch of mobility work and you have a recipe for a great exercise class! Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of varying exercise modes. Every class is different, but the focus on improved health stays the same throughout.

3, 45 minute classes no class 1/17

M	9:30-10:15am	1/3-1/24	\$23 / \$30	325831.10
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4, 45 minute classes

W	9:30-10:15am	1/5-1/26	\$30 / \$40	325831.30
M	9:30-10:15am	1/31-2/21	\$30 / \$40	325831.11
W	9:30-10:15am	2/2-2/23	\$30 / \$40	325831.31

BLAST Fitness Strength Age 16 & up

Functional fitness training designed to help you move better, be stronger and feel healthier. This circuit-style strength class will rotate through several series of exercises (within your individual equipment station), incorporating resistance training, body sculpting and core conditioning in fun, creative intervals. Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of resistance exercises using Free Weights, Kettlebells, Superbands, PhysioBalls and more!

3, 45 minute classes no class 1/17

M	8:30-9:15am	1/3-1/24	\$23 / \$30	320430.10
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4, 45 minute classes

Tu	9:30-10:15am	1/4-1/25	\$30 / \$40	320430.20
W	8:30-9:15am	1/5-1/26	\$30 / \$40	320430.30
Th	9:30-10:15am	1/6-1/27	\$30 / \$40	320430.40
M	8:30-9:15am	1/31-2/21	\$30 / \$40	320430.11
Tu	9:30-10:15am	2/1-2/22	\$30 / \$40	320430.21
W	8:30-9:15am	2/2-2/23	\$30 / \$40	320430.31
Th	9:30-10:15am	2/3-2/24	\$30 / \$40	320430.41

HCC Core Age 16 & up

An intense core workout. You'll work your entire core - abs, obliques, back extensors, glutes - in a variety of fun ways and with endless exercise options. Your core is the foundation upon which all movement is created - make sure you have a strong and stable midsection, and a healthy life will follow!

4, 45 minute classes

Tu	12:15-1:00pm	1/4-1/25	\$30 / \$40	325630.20
Th	12:15-1:00pm	1/6-1/27	\$30 / \$40	325630.40
Tu	12:15-1:00pm	2/1-2/22	\$30 / \$40	325630.21
Th	12:15-1:00pm	2/3-2/24	\$30 / \$40	325630.41

HCC Strong Age 16 & up

This is what it is like to feel STRONG! In this class you'll find strength of body - and of mind - as you will yourself to accomplish a wide variety of functional movements and exercises to build a healthier body. You can lift barbells overhead; you can master the push-up; you can hip-hinge like a boss; if you can think it, you can do it!

4, 45 minute classes

Tu	6:30-7:15pm	1/4-1/25	\$30 / \$40	325330.20
Th	6:30-7:15pm	1/6-1/27	\$30 / \$40	325330.40
Tu	6:30-7:15pm	2/1-2/22	\$30 / \$40	325330.21
Th	6:30-7:15pm	2/3-2/24	\$30 / \$40	325330.41

Move Well Age 16 & up

Move your body freely, easily, and pain free. This class combines stretching and dynamic movement-quality exercises to improve physical function, movement patterns and joint range of motion. Optimized mobility helps you enjoy freedom of movement, limits pain with movement, and increases your overall fitness & performance.

*This class is beneficial for all fitness levels

6, 45 minute classes no class 2/17, 2/24

Th	4:00-4:45pm	1/6-2/10	\$45 / \$60	320631.40
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The Lunch Workout Age 16 & up

Re-ignite your metabolism over the lunch hour with an empowering workout that will carry you through the rest of your day. Enjoy a full-body fitness experience as you make your way through dynamic warm-ups, corrective exercises, power circuits, strength routines, cardio intervals and core finishers. Discover how your workout can be modified or progressed to meet - or challenge - your abilities and optimize your results.

3, 45 minute classes				no class 1/17
M	12:15-1:00pm	1/3-1/24	\$23 / \$30	321330.10

4, 45 minute classes				
W	12:15-1:00pm	1/5-1/26	\$30 / \$40	321330.30
M	12:15-1:00pm	1/31-2/21	\$30 / \$40	321330.11
W	12:15-1:00pm	2/2-2/23	\$30 / \$40	321330.31

FITNESS: YOUTH FITNESS CLASSES**Youth Sports Training Age 12-16**

Athletic development program that builds a foundation for improved sport performance, injury prevention, and long-term enjoyment of sports participation. Perfect preparation for school sports - whether waiting for sports to return or gearing up for the start of a new season. Work with a Strength and Conditioning Coach to improve speed, agility, quickness, core strength and power - all with an eye on peak athletic performance.

3, 45 minute classes				No class 1/17
M	4:15-5:00pm	1/3-1/24	\$23 / \$30	322123.10

4, 45 minute classes				
W	4:15-5:00pm	1/5-1/26	\$30 / \$40	322123.30
M	4:15-5:00pm	1/31-2/21	\$30 / \$40	322123.11
W	4:15-5:00pm	2/2-2/23	\$30 / \$40	322123.31



Herndon Community Center Visitors ages 2 years and older (regardless of vaccination status) need to wear a mask when not exercising.

FITNESS: MOVEMENT CLASSES

NEW ▶ Starting in January 2022 you may now use Herndon Community Center Admission Passes to Drop-In to any Zumba and Polynesian Dance classes. *Space may be limited in the case of any necessary class size restrictions. Admission is on a first-come basis.

**ZUMBA® Age 16 & up**

ZUMBA® is now a registration based-class to meet the state requirements for capacity limits and physical-distancing. Join us for a safe and fun Latino-influenced dance style class that fuses high-energy moves and dance combinations that are designed to make you feel great! No prior dance experience is necessary - but having FUN is!

3, 45 minute classes				No class 1/17
M	5:30-6:15pm	1/3-1/24	\$18 / \$24	326230.10

4, 45 minute classes				
Tu	5:30-6:15pm	1/4-1/25	\$24 / \$32	326230.20
W	5:30-6:15pm	1/5-1/26	\$24 / \$32	326230.30
Th	5:30-6:15pm	1/6-1/27	\$24 / \$32	326230.40

4, 45 minute classes				
M	5:30-6:15pm	1/31-2/21	\$24 / \$32	326230.11
Tu	5:30-6:15pm	2/1-2/22	\$24 / \$32	326230.21
W	5:30-6:15pm	2/2-2/23	\$24 / \$32	326230.31
Th	5:30-6:15pm	2/3-2/24	\$24 / \$32	326230.41

Polyensian Dance Fitness Age 16 & up

Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). Provides a "total body workout" in 45 minutes. Inspired by the dances of the Pacific Islands, HOT HULA Fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

4, 45 minute classes				
Th	6:00-6:45pm	1/6 - 1/27	\$24 / \$32	326231.40
Th	6:00-6:45pm	2/3 - 2/24	\$24 / \$32	326231.41

**PERSONAL TRAINING**

One-on-one personal training sessions are now available.

Sessions are generally held in the Community Center's Personal Training Studio or Fitness Room. For more information or to get started contact our Head Personal Trainer: karen.tsitos@herndon-va.gov.

*Limitations apply to schedule and trainer availability.

ATTENTION: Early registration prevents cancellation, and we hate to cancel programs. Classes not reaching minimum enrollment are typically cancelled five days before the start date.

Recommendation: Please bring your own mat.

WELLNESS:

Lunchtime Yoga Age 16 & up

This mid-day Hatha practice will help you stretch and refresh after a morning of work, whether at a desk, in your car, up a ladder, or outside. Use your breath to reset, and poses to build strength, balance, flexibility, and agility. Relieve muscle and mental tension. Relax and manage stress. Return to work ready for the rest of the day's challenges.

8, 60 minute classes no class 1/17

M	11:55am-12:55pm	1/3-2/28	\$96 / \$128	330060.10
W	11:55am-12:55pm	1/5-2/23	\$96 / \$128	330060.30

Prenatal Yoga Age 16 & up

The yoga techniques of breathing, stretching, and relaxation benefit all, but are especially beneficial during pregnancy. This prenatal yoga practice will help you to improve your balance and flexibility, while strengthening and toning your muscles, preparing your body for childbirth. Learning to breathe properly and relax fully will help you manage stress and stay calm through the weeks and months ahead. Please obtain your healthcare provider's approval before taking this class.

8, 60 minute classes

Th	5:45-6:45pm	1/6-2/24	\$96 / \$128	330400.40
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Power Yoga Age 16 & up

Power yoga is a fast-paced style of yoga that's focused on building strength and endurance. Requires mindfulness and focus on breathing, a dynamic form of yoga, providing a good cardio and strength-training workout.

8, 60 minute classes no class 1/17

M	9:30-10:30am	1/3-2/28	\$96 / \$128	330080.10
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Hatha Yoga Age 16 & up

Whether new to yoga or looking to get back into a regular practice, Hatha Yoga offers the opportunity to gain increased comfort, flexibility, and strength through yoga poses. Alignment and proper techniques are emphasized to improve posture and reduce risk of injury. Register at least 5 days prior to the class start date to ensure the class is offered. Minimum number of participants required to offer the class is five.

8, 60 minute classes

Th	7:00-8:00pm	1/6-2/24	\$96 / \$128	330230.40
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Chair Yoga Age 16 & up

If injuries, poor balance, or other mobility issues prevent you from doing yoga, if you can't get up from or down to the floor to do the poses you love, learn to adapt a full yoga practice in Chair Yoga. Sun Salutations plus twists, forward bends, back bends, and standing poses can all be done either sitting in a chair or standing in front of or behind it.

No senior discount.

8, 60 minute classes

Tu	1:00-2:00pm	1/4-2/22	\$80 / \$106	330030.20
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Gentle Yoga for Seniors Age 50 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. **No senior discount.**

8, 60 minute classes no class 1/17

M	1:00-2:00pm	1/3-2/28	\$80 / \$106	330040.10
W	1:00-2:00pm	1/5-2/23	\$80 / \$106	330040.30

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

8, 60 minute classes no class 1/18, 1/19, 2/8 & 2/9

Tu	11:30am-12:30pm	1/4-2/22	\$72 / \$96	331130.20
W	9:30-10:30am	1/5-2/22	\$72 / \$96	331130.30

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates, and Yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 60 minute classes no class 1/17

M	7:00-8:00pm	1/3-2/28	\$96 / \$128	331131.10
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6, 60 minute classes no class 1/20 & 2/10

Th	11:30am-12:30pm	1/6-2/24	\$72 / \$96	331131.40
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WE'RE HIRING



Share
Your Talents
& Inspire
Others!

Create
Programs
That Excite
You &
Others

Flexible
Hours

For more information and to apply,
WWW.HERNDON-VA.GOV/JOBS
703-787-7300

HCC Admission Specials

\$2 TUESDAYS
(for seniors 65+)
All Day

\$5 FRIDAYS
(from 12:00-6:00pm)
All Ages

Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary.

8, 60 minute classes

Su	10:00-11:00am	1/9-2/27	\$54 / \$72	372450.70
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Kendo Age 13 & up

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 90 minute classes

Th	7:00-8:30pm	1/6-2/24	\$81 / \$108	372550.40
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8, 2 hour classes

Su	10:00am-12:00pm	1/9-2/27	\$108 / \$144	372550.70
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OPEN GYM SCHEDULE: WINTER 2021

Su	M	Tu	W	Th	F	Sa
					11:30am-2:30pm	8:00-11:00am
	2:45-5:00pm	2:45-5:00pm	2:45-5:00pm	2:45-5:00pm	2:45-5:15pm	2:00-5:45pm
	6:00-8:45pm	7:00-8:45pm	6:00-8:45pm			

THIS SCHEDULE IS SUBJECT TO CHANGE - CHECK MONTHLY SCHEDULE.

Youth Open Gym: 17 & under (under 10 must be accompanied by an adult)
Teen Open Gym: Age 13-17 Adult Open Gym = Age 16 & up

Adult Open Gym Adult Basketball Adult Volleyball
Teen Open Gym Youth Open Gym

To ensure an independent learning experience and to foster a quality and rewarding learning environment in our youth classes, parents remain outside the classroom.

Ballet/Creative Movement Age 4-8

Ballet develops good posture, poise and graceful movement. Dancers will study the fundamentals of ballet technique including basic terminology, steps and center choreography. Creative movement sparks the imagination to naturally develop motor skills, rhythmic awareness, coordination and balance in a fun way. Masks must be worn in the center and during class.

6, 45 minute classes

Age 4-6

W	5:00-5:45pm	1/19-2/23	\$72 / \$96	341210.32
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Age 5-8

W	5:45-6:30pm	1/19-2/23	\$72 / \$96	341210.33
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Adult Jazz Age 18 & up

A fun way to get exercise while learning to dance at the same time. Fundamentals of Broadway Jazz will be taught including barre warm-up, isolations, stretching, and steps set to choreographed routines.

6, 60 minute classes

W	6:30-7:30pm	1/19-2/23	\$72 / \$96	341235.32
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Adult Tap Age 18 & up

Secretly always wanted to learn to tap dance? It's not too late! Fundamentals of tap will be taught including warm-ups, traveling patterns across the floor and steps set to a choreographed routine. Start step-ball-changing now!

6, 60 minute classes

W	7:30-8:30pm	1/19-2/23	\$72 / \$96	341236.32
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Fishing Derby

Age 2-15

Start an annual family tradition
and join us for this special day!

Saturday, March 19
8:00AM-12:00PM

Meet behind the Herndon Police Station
on Sugarland Run Trail.
397 Herndon Parkway

Many families experienced a relaxing and successful day catching their first fish. In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner.

Limited fishing poles and bait are available for use. Please wear shoes you don't mind getting wet or muddy, no sandals. All kids MUST be accompanied by an adult.

Teens and adults, age 16 & up, **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. See staff for dates and times of extended fishing hours.

*Pre-registration price is \$9 and valid through Friday, March 18 at 4:45pm. Day of event registration is \$12, check or cash only. 450050-60



OR ► Winter Break Camp Age 6-12

Excitement and adventure await! Campers will have the opportunity to participate in small group games, swimming, arts & crafts, and unit activities. Bring your swimsuit, towel, packed lunch & snack, along with athletic sneakers.

4, 7.5 hour classes

M-Th	8:00am-3:30pm	12/20-12/23	\$140 / \$186	280100.11
M-Th	8:00am-3:30pm	12/27-12/30	\$140 / \$186	280100.12

OR ► Winter Break Tennis Camp Age 7-13

A great way for kids to spend their winter break learning tennis and having fun! The 4-day camp will feature on court instruction, warm-ups, conditioning, games and more! Individual instruction and match play included. Students must provide their own racquet and a new can of balls. Bring two snacks and water bottle every day during the session. Athletic attire and shoes required. Swimming not included.

4, 4 hour classes

M-Th	9:00am-1:00pm	12/27-12/30	\$133 / \$177	388710.10
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SPORTS

Racquetball League (COED) Age 18 & up

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Playoffs will be flighted based upon the number of players registered and the standings at the end of the season. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season.

Registration deadline is Friday, January 7. First week of play begins on Tuesday, January 11th. For more information, please call 703-435-6800 ext. 2106.

10 Match Season January 11-March 19
\$81 / \$108 378030.00

Youth Soccer Age 4-11

Develop communication and coordination while learning the fundamentals of soccer with fun skills and drills. Participants must bring their own water bottle, ball and wear non-marking sole sneakers (no cleats). Appropriate face coverings must be worn when entering the building.

4, 30 minute classes

Age 4 - 6

Sa	10:00-10:30am	1/15-2/5	\$50 / \$67	371500.01
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4, 45 minute classe

Age 7 - 11

Sa	10:45-11:30am	1/15-2/5	\$60 / \$80	371500.03
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Bready Park Tennis Center Open until April 10, 2022 703-435-6800 x2114

HOURS:

Monday	9:00am-12:00pm; 5:30-9:30pm
Tuesday	9:00am-10:30pm
Wednesday	9:00am-10:30pm
Thursday:	9:00am-3:00pm; 5:30-9:30pm
Friday:	7:00am-1:30pm, 5:00-9:00pm
Saturday	7:00am-9:00pm
Sunday:	7:00am-9:00pm

For holiday hours, check www.herndon-va.gov/recreation/indoor-tennis-center. Please note that hours of operation may change in respond to demand. If you are interested in making a random-time reservation, please call ahead to make your reservation

Random time may be reserved up to seven days in advance. For reservations, call 703-435-6800 x2114.

Bready Park Tennis Center Rates

Court Cost is Per Hour

RANDOM TIME*

Prime Time (after 5:00pm, Monday-Friday; Saturday & Sunday all day)

Adult TOH Resident	\$32
Adult Non-Resident	\$40

Non-Prime Time (before 5:00pm weekdays)

Adult TOH Resident	\$27
Adult Non-Resident	\$34
Youth/Senior TOH (a)	\$24
Youth/Senior Non-Resident (a)	\$28

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

No courts may be contracted or booked to be used as instruction outside TOH offerings.

INDOOR TENNIS: DOUBLES LEAGUES

Join one of our doubles leagues to play for the entire season at a designated time each week. This is the perfect way to stay fit and continue competitive play. Cost includes new balls every session.

Doubles league participants are responsible for finding their own substitute players. A list of individuals who wish to substitute on a regular basis will be provided to those registered in the league. Those who register to be on the waiting list are considered substitute players and should be regularly available during time of play. Waiting list players and substitute players' contact information will be provided to registered participants who are in need of a sub. If you would like to be considered as a substitute player, please register after the program is full to be contacted. The Town reserves the right to remove you from the program if you regularly do not arrange for your own substitute.

Men's Doubles Age 16 & up

13, 2 hour sessions

Tu	8:30-10:30pm	1/4-3/29	\$225 / \$299	393030.20
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Women's Doubles Age 16 & up

13, 2 hour sessions

W	9:00-11:00am	1/5-3/30	\$221 / \$294	390030.30
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Senior Doubles Age 50 & up

This program is not eligible for a senior discount.

13, 90 minute sessions

Th	12:00-1:30pm	1/6-4/7	\$177 / \$235	395040.40
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Men's Senior Doubles Age 50 & up

This program is not eligible for a senior discount.

12, 90 minute sessions

no program 1/17

M	12:00-1:30pm	1/3-3/28	\$155 / \$206	396040.10
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PICKLEBALL

Pickleball (COED) Age 21 & up

This program is not eligible for a senior discount.

Pickleball is now being offered in the Bready Park Tennis Center! Participate in the fastest growing sports in America! A combination of tennis, badminton, and ping-pong, pickleball is good for both beginners and advanced players. Must provide your own equipment. Limited space available. **No senior discount.**

13, 60-minute sessions

no class 1/17

M	2:00-3:00pm	1/3-3/28	\$101 / \$134	397030.10
M	3:05-4:05pm	1/3-3/28	\$101 / \$134	397030.11

League registration is ongoing. For availability after the start date or to be a substitute, call the Indoor Tennis Manager at 703-435-6800 x 2110.

Subs for Tennis & Pickleball Leagues

Can't commit to a league playgroup, but want to sub? Players must meet the criteria of the league. When subs are needed, substitutes will be contacted via email. When you register for this activity, you will be asked questions to allow you to sign up for multiple playgroups. Sub list is valid for this season. Activity Number: 399999.00



WINTER BREAK: TENNIS CAMP**OR ► Winter Break Tennis Camp Age 7-13**

A great way for kids to spend their winter break learning tennis and having fun! The 4-day camp will feature on court instruction, warm-ups, conditioning, games and more! Individual instruction and match play included. Students must provide their own racquet and a new can of balls. Bring two snacks and water bottle every day during the session. Athletic attire and shoes required. Swimming not included.

4, 4 hour sessions

M-Th	9:00am-1:00pm	12/27-12/30	\$133 / \$177	388710.10
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NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overhands.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overhands and follow aggressive shots to net; able to lob defensively on difficult shots.

WE'RE HIRING

Share
Your Talents
& Inspire
Others!

Flexible
Hours

Create
Programs
That Excite
You &
Others

Open Part-Time Positions:

- Tennis Center Attendants
- Lifeguards
- Assistant Swim Team Coach
- Instructors: Swim, Tennis, Dance, Fitness (Group & Pilates Mat)
- Personal Trainers

Benefits:

- Free Golf Greens Fees
- Free Admission to the Herndon Community Center

For more information and to apply,
WWW.HERNDON-VA.GOV/JOBS
703-787-7300



Crafty Kids Age 4-5

Explore our fun and unique craft ideas for kids. Hands-on project will inspire learning and develop the imagination.

4, 60 minute classes

Tu	10:30-11:30am	1/18-2/8	\$75 / \$100	310400.22
Th	10:30-11:30am	1/20-2/10	\$75 / \$100	310400.44

**Pottery Wheel Age 16 & up**

Students will learn the techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback. Use of tools and 25 lbs. of clay included, additional clay may be purchased. All skill levels are welcome.

8, 3 hour classes

no class 1/17

M	6:00-9:00pm	1/10-3/7	\$150 / \$200	310150.11
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Learn to Knit Age 16 & up

Learn to cast on, knit, purl and read patterns in a supportive, no stress environment. You will progress from a beginner to someone who understands knitting terms and can follow a pattern. Understand the tools and techniques to complete small projects. Materials and supplies will be provided for the first class. Supply list will be provided after registration.

4, 90 minute classes

Tu	6:30-8:00pm	1/18-2/8	\$80 / \$106	310231.22
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Learn to Crochet Age 16 & up

Have you always wanted to try crochet? Learn in a supportive no-stress environment. We will learn basic skills to be able to make small projects. In class we will learn to read patterns and basic stitches. Materials and tools will be provided for the first class. Supply list will be presented to students after registration.

4, 90 minute classes

W	6:30-8:00pm	1/19-2/9	\$80 / \$106	310231.30
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Weird Science Age 4-5

Kids will be inspired to learn and investigate with hands-on science-based activities. Each week will present an opportunity to learn about space, nature, weather and the world. We encourage kids to learn with us in a fun, educational and supportive class.

4, 60 minute classes

Tu	9:30-10:30am	1/18-2/8	\$75 / \$100	366250.22
Th	9:30-10:30am	1/20-2/10	\$75 / \$100	366250.44

**INCLEMENT WEATHER**

Please call the Parks and Recreation Inclement Weather Line for program and class cancellations at 703-435-6866. Call the recorded line at 703-435-6866 for class and facility status.



HERNDON COMMUNITY CENTER BIRTHDAY PARTY RENTALS

Swim Party (all ages)

Party offers 75 minutes of an activity and an hour in the party room.

Call to learn more and request a party reservation.
703-787-7300

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-6:00pm)
All Ages



Herndon Community Center Visitors ages 2 years and older (regardless of vaccination status) need to wear a mask when not exercising.

PARKS IN HERNDON

1 Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

2 Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

3 Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

4 Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

5 Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

6 Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

7 Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

8 Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open down to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

9 Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

10 Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

11 Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*



Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at www.herndon-va.gov/recreation.

FIND A PARK NEAR YOU

Herndon PARKS



This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit www.herndon-va.gov/recreation for more information.

Herndon Community Center Admission Fees & Passes

TOH = Town of Herndon Resident (Requires ID with address);
 NR = Non-Resident; Youth: 17 & under,
 Student: 18-25 with student ID, Senior: 65+

All admissions and passes are nonrefundable.

Daily Rate **TOH/NR**

Adult	\$7/\$8
Youth, Senior, Student	\$5.75/\$6.50
Family	\$19.75/\$22.50

10-Visit Pass* **TOH/NR**

Adult	\$63/\$72
Youth, Senior, Student	\$52/\$59

25-Visit Pass** **TOH/NR**

Adult	\$140/\$160
Youth, Senior, Student	\$115/\$130

30-Day Pass **TOH/NR**

Adult	\$56/\$72
Youth, Senior, Student	\$46/\$59
Adult 2-Person^	\$84/\$108
Senior 2-Person^	\$69/\$88
Adult/Senior 2-Person^	\$74/\$95
Dependent Youth+	\$14/\$18

6-Month Pass **TOH/NR**

Adult	\$294/\$384
Youth, Senior, Student	\$242/\$312
Adult 2-Person^	\$441/\$576
Senior 2-Person^	\$362/\$468
Adult/Senior 2-Person^	\$389/\$504
Dependent Youth+	\$72/\$94

Annual Pass **TOH/NR**

Adult	\$504/\$672
Youth, Senior, Student	\$414/\$546
Adult 2-Person^	\$756/\$1,008
Senior 2-Person^	\$621/\$819
Adult/Senior 2-Person^	\$666/\$882
Dependent Youth+	\$124/\$164

* Expires 1 year after purchase

** Expires 2 years after purchase

^ Same household

+ Dependent pass must be purchased with an adult pass

Pass and Daily Admission Fee Includes

- Use of pool, spa, sauna, fitness room, racquetball courts, locker room, and open gym times. Age restrictions apply.

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer.
See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

Age Categories:

Youth:	17 & under
Student:	18-25 with student ID
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 5 & under:	an adult must accompany child in the water
Children 8 & under:	must be accompanied by an adult

Gymnasium Use:

Please visit www.herndon-va.gov/HCC for open gym times and age restrictions.

Fitness Room Use:

Age 12 & 13:	must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15:	must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under:	permitted in locker room of opposite sex
Family Locker Rooms:	for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

**Herndon Town Council**

Mayor Sheila A. Olem
 Vice Mayor Cesar del Aguila
 Councilmember Naila Alam
 Councilmember Pradip Dhakal
 Councilmember Signe Friedrichs
 Councilmember Sean Regan
 Councilmember Jasbinder Singh

Town Manager, Bill Ashton

Parks & Recreation Department Staff

Cindy S. Roeder, Director
 Cynthia Hoftiezer, Deputy Director
 Lori Rowland, Office Assistant
 Lindsey Jones, Systems Technician
 Kevin Breza, Recreation Program Coordinator
 Abby Kimble, Marketing Specialist
 Kerstin Severin, Aquatic Services Manager
 Debby Cooley, Aquatic Program Specialist
 Jeff Rosenbloom, Assistant Pool Manager
 Rich Romero, Head Swim Coach
 Ron Tillman, Community Center Manager
 Mike Heath, Assistant Community Center Manager
 Alex Mosher, Customer Service
 Mary Jo Sharbaf, Customer Service
 Suzanna Swalboski, Indoor Tennis Manager
 Karen Tsitos, Head Personal Trainer
 Trey Simkins, Group Exercise Coordinator

Recreation Supervisors

Kimmie Alcorn, Life Interest, Arts & Crafts, Camps
 Kyle Clarke, Wellness & Martial Arts
 Tim Lander, Wellness, Sports & Community Events
 Tom Milenkevich, Fitness Services Supervisor
 Holly Popple, Performing Arts & Community Events

MISSION STATEMENT

The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, December 8. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, December 14.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 33 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: www.herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on December 14.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call 703-787-7300 to discuss any modifications that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10:00am on December 8 for TOH residents, and 10:00am on December 14 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

- 1. ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOR** ► is not available online. Acceptance of our liability waiver will be required prior to registration.
- 2. IN-PERSON** registration beginning 10:00am, December 8 for TOH residents; and 10:00am, December 14 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
- 3. MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
- 4. FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
- 5. DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
- 6. NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Credit on Account
5+ days before class/program starts	Full
4 days before class/program starts and onward	Yes with service charge*, pro-rated as necessary
Medical reasons (with a doctor's note preventing participation in class/program) or relocation of 20 or more miles	Pro-rated, no service charge
Refund of credit on account balance (patron must request in writing) (see below III C 6)	Yes with service charge*
*Customer-requested refunds are subject to above parameters except when the individual relocates at least twenty miles or for a medical reason with a doctor's note.	

1. Full refunds are issued if classes are canceled due to minimum enrollment not being met.
2. Credits on account may be issued for amounts less than \$20. All account credit balances are refunded on an annual basis.
3. Service charge is 15% per class and applies to refunds and credit on account, as noted in the chart. Customer requested refunds are subject to the service charge for the total balance of credit on account.
4. All refunds are made by credit card or Town check, depending on initial method of payment.
5. Pro-rated values are calculated based on the remaining classes at the time that the request is received by the Department.
6. No refunds or credit on account are given to those who have a balance due.
7. Some programs including events, camps, and swim team may have a more stringent refund policy that is noted in the program information.
8. Daily Admission, Admission Passes and Personal Training Passes are non-refundable, except due to medical circumstances or patron relocates more than twenty miles away

Registration for Town of Herndon Residents begins on **Wednesday, December 8** at 10:00am.Registration for Non-Town of Herndon Residents begins on **Tuesday, December 14** at 10:00am.

PHONE: 703-787-7300

FAX: 703-318-8652

Herndon Parks and Recreation Registration Form

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK. Complete this form and be sure to note your first, second, and third choices. **Proof of residency may be required.**

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M (F)	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
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	/ /	M/F					
	/ /	M/F					

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

SPECIAL ACCOMMODATIONS:

Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee

**MAIL TO:**Herndon Parks and Recreation
777 Lynn Street, Herndon, VA 20170**OFFICE USE ONLY – Processed by:** _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO**REFUNDS:** A 15% service charge will be assessed 5 or more days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____